CLAIMS

1. A β_3-adrenergic receptor agonist substance comprising quercetin.

5 2. The substance of claim 1, wherein the quercetin is derived from a plant.

3. The substance of claim 2, wherein the plant is a *Nelumbonaceae* plant.

4. A pharmaceutical agent for treating or preventing diabetes, wherein the agent comprises the
10 substance of any one of claims 1 to 3.

5. A pharmaceutical agent for treating or preventing obesity, wherein the agent comprises the substance of any one of claims 1 to 3, and has an effect of improving lipid metabolism.

15 6. A food for treating or preventing diabetes, wherein the food comprises the substance of any one of claims 1 to 3.

7. A food for treating or preventing obesity, wherein the food comprises the substance of any one of claims 1 to 3.

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8. A β_3-adrenergic receptor agonist substance which comprises a lotus preparation comprising quercetin.